

HealthSense



HealthQuotient™ Health Risk Assessment

Get Informed, Then Get Control

You're ready to make a commitment to better health. But first, you need to better understand your personal health situation. Are there specific factors that contribute to your health? Are they hereditary? Are they controllable? Is there a healthy living plan out there that meets your unique needs?



If you're asking these questions, then you're ready to take the WebMD® HealthQuotient™ health risk assessment – a personal health management tool available to you on myCIGNA.com. Through the assessment, you'll learn what you need to get better control of your health and well-being.

Using a brief online questionnaire, **HealthQuotient™** can help you:

- Identify and monitor your personal health status;
- Obtain a personalized analysis of many preventable and common conditions;
- Review details of your contributing risk factors; and
- Access recommended steps for improvement, interactive tools and wellness information.

The assessment will cover areas including:

- Your current health conditions
- Family health history and lifestyle factors
- Basic biometric information such as weight, cholesterol level and blood pressure

More than 5,000 calculations will take place behind the scenes as you complete the questionnaire, ultimately providing you with a powerful and accurate assessment of your health status.

Take Action

My Research

- [Dental Health](#)
- [DrugCompare](#)

Assess My Health

- [HealthQuotient®](#)
- [Condition Centers](#)
- [Hospital Comparison Tool](#)
- [Symptom Checker](#)

Improve My Health

- [Fitness - LEAP](#)
- [Nutrition](#)
- [Stop Smoking](#)
- [Pregnancy](#)

My Records

- [Health Record](#)
- [Child Health](#)
- [Track My Health](#)
- [Calendar](#)

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Follow these **brief steps** to make the health risk assessment tool work for you.

Step 1

Get started

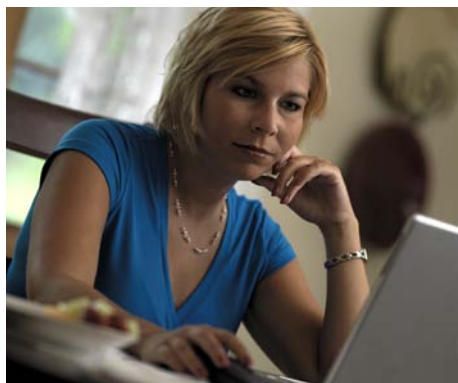
It's as easy as logging on to the **myCIGNA.com** website. From any computer with Internet access, all you have to do is go to **www.myCIGNA.com**. Need to register for our site? Click the red "Register!" button and follow the instructions on-line.

Stuck? Just call the number on the screen and someone will guide you through the registration process.

Step 2

Answer the questions

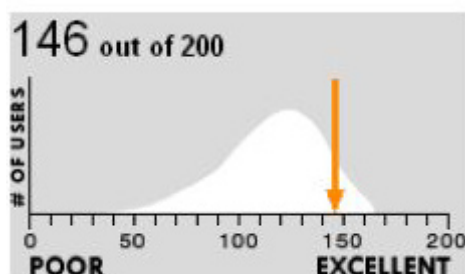
Once you're on the site, the health risk assessment is located in the "Health Resources/WebMD" tab. In just a few minutes, you can complete the user-friendly questionnaire.



Step 3

Check your score

The assessment finishes with a graphical scoring section that compares your health results to averages for your gender and age. You can then select various healthy changes you could make to improve your score. Then re-calculate your score to see the potential positive impacts.



Step 4

Review your risk profile

Check out the personalized risk summary chart created from your assessment. You'll be able to view your levels of risk for many common and preventable medical conditions. You can then choose to access more detail behind any of the conditions in your summary.

Condition	Your level of risk
Heart Disease	Low
Diabetes	Mild
Colon Cancer	Moderate
Prostate Cancer	Moderate
Depression	Mild
Stroke	Moderate



Step 5

Take action!

HealthQuotient™ will now give you recommended actions to take to improve your health. The recommendations will cover a variety of topics, from suggested exams and tests to appropriate wellness and disease management programs. You'll see relevant health news and topics related to your personal profile. Finally, you can also access or print a brief summary report to help with your next doctor's visit. You can use what you've learned to ask your doctor additional questions and become even more informed about your health and well-being.

Step 6

Keep up to date

You can update your assessment at any time, plus see a comparison report of your current and previous scores.

HealthQuotient™ is just one of many convenient and secure tools CIGNA HealthCare offers to help you make the most of your health benefits. Visit **myCIGNA.com** today to find all of the advantages available to you.

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